

New Research: Over Half of U.S. Adults Say Financial Stress Negatively Affects Their Health and Work Performance

RADNOR, Pa., November 6, 2019 – Stressed about money? Consumers who are afraid to look in their mailbox and see another credit card bill or bank statement are not alone. New research from Lincoln Financial Group shows that over half of U.S. adults surveyed say financial stress negatively impacted their personal health and work performance in 2018.

According to the data from Lincoln's 2019 Financial Focus study, anxiety (67%) tops the list of health issues stemming from financial worries followed by mood changes (50%). These problems also overlap into the workplace by affecting employees' ability to concentrate (38%) and achieve their professional goals (26%). Additionally, Americans without an emergency savings fund are over twice as likely to see negative impacts from financial stress.

"Unfortunately, the research findings are not a surprise," said Roberto Duran, an independent registered representative of Lincoln Financial Network. "In today's world, there are so many causes of financial stress - everything from market volatility, managing debt, or significant life events like getting married, divorced, or having a baby. However, what's important is that consumers recognize when they're feeling overwhelmed and take steps to solve the problem."

Lincoln Financial recommends three tips for consumers looking to alleviate financial stress:

1. **Face financial fears.** Confront the source of anxiety and identify top financial pressures. Doing so will help people understand the reality of their situation and determine how to address it.
2. **Set a strategy.** Start gaining financial confidence by mapping out how to get back on track. Develop realistic financial goals and objectives, stick to a budget, and prioritize saving.
3. **Ask an advisor.** A trusted financial professional can create a tailored financial plan to meet individual needs. With that guidance, consumers can ensure they are taking the necessary steps to achieve more positive outcomes for retirement and their financial future.

Research shows that among people who have a financial plan, 36% say they are doing a very good job of 'being happy' in their lives versus 23% who have not created a financial plan.¹ Furthermore, meeting with an advisor can help put consumers on the right track for retirement, as those who work with one are more than twice as likely to feel that they are doing a very good job planning for retirement (47% vs. 23%).² Finally, a link exists between confidence and financial security with those who participate in a retirement plan being twice as likely to say they feel confident about their ability to accumulate enough money to retire whenever they want to.³

"Financial planning isn't a one-off task, so be sure to monitor your progress too," said Duran. "By staying engaged with your finances you can protect against any gaps or setbacks; and you can alleviate stress by recognizing your progress!"

For more information on saving for retirement or finding an advisor, visit www.lincolffinancial.com.

Methodology for the 2019 Financial Focus Study

Results of the 2019 Financial Focus Study are based on an online survey of 2,500 adults ages 18 years or older across the United States, conducted in 2019 by Lincoln Financial Group and PSB. The sample was targeted using quotas to reflect the proportion of adults 18 and over within the United States.

About Lincoln Financial Group

Lincoln Financial Group provides advice and solutions that help empower people to take charge of their financial lives with confidence and optimism. Today, more than 17 million customers trust our retirement, insurance and wealth protection expertise to help address their lifestyle, savings and income goals, as well as to guard against long-term care expenses. Headquartered in Radnor, Pennsylvania, Lincoln Financial Group is the marketing name for Lincoln National Corporation (NYSE:LNC) and its affiliates. The company had \$261 billion in assets under management as of September 30, 2019. Lincoln Financial Group is a committed corporate citizen included on major sustainability indices including the Dow Jones Sustainability Index North America and FTSE4Good. Dedicated to diversity and inclusion, Lincoln was recognized by Forbes as one of the Best Large Employers, Best Employers for Diversity, and Best Employers for Women.

Lincoln also earned perfect 100 percent scores on the Corporate Equality Index and the Disability Equality Index. Learn more at: www.LincolnFinancial.com. Follow us on Facebook, Twitter, LinkedIn, and Instagram. Sign up for email alerts at <http://newsroom.lfg.com/>.

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¹ Lincoln Financial Group's 2018 Love and Responsibility Study

² Lincoln Financial Group's 2018 Love and Responsibility Study

³ Lincoln Financial Group's 2019 Retirement Power Participant Study

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